

Abstract

This Diploma Thesis is about lifestyle of the pupils in elementary school. The content is divided into two parts, theoretical and empirical.

The theoretical part includes five chapters which presents the topics about ways of the pupil life. Specifically, it describes the general lifestyle characteristics, the definition of the pupils age periods in elementary school, the possibilities of the pupil lifestyle in primary school, the description of the external influences on pupils and also it introduces a connection among the free time and the pupil lifestyle.

The empirical part deals with quantitative research whose research method is a questionnaire. The goal is research lifestyle level of pupils. Only pupils from 3., 5., 7. and 9. classes. It is also focuses on specific parts: knowledge of healthy lifestyle, regularity of eating, correctness of food composition, correctness of drinking regimen composition, physical activity, mode of day and rest, gaming electronic devices activity and psychological well-being.